

# HOPE Works!

VOLUME 18, ISSUE 1

~ A public on of Steps to HOPE ~

JANUARY 2015

## IN THIS ISSUE

<i>NO MORE, continued</i>	2
<i>Under-reported Sexual Assault</i>	2
<i>Family Nurturing Programs</i>	3
<i>Richardson completes RADAR Training</i>	3
<i>Welcome New Staff</i>	4
<i>Second Chance Thank You!</i>	5
<i>Priceless Volunteers</i>	5
<i>Golf Tournament</i>	6
<i>Women Helping Women</i>	7
<i>Polk County Toy Run</i>	7
<i>Adopt-A-Family</i>	7

## CALENDAR

- May 31—Hunter Pace

Warm Wishes  
for a  
Peaceful & Safe  
New Year!



Ward Street P.O. Box 518  
Columbus, NC 28722  
828-894-2340

## NO MORE | TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

To end domestic violence and sexual assault, we all need to be part of the solution. Educating yourself and others, helping a friend who is being abused, speaking up about abuse, and acting as an engaged bystander are all examples of things we can do to help.

### KNOW THE FACTS

The next time you're in a room with 6 people, think about this:

- 1 in 3 women and 1 in 4 men experience violence from their partners in their lifetimes.
- 1 in 3 teens experience sexual or physical abuse or threats from a boyfriend or girlfriend in one year.
- 1 in 5 women are survivors of rape.
- 1 in 2 women and 1 in 5 men have experienced some form of sexual violence in their lives.
- 1 in 4 women and 1 in 6 men were sexually abused before the age of 18.

### WHAT IS DOMESTIC VIOLENCE?

Domestic Violence is a pattern of behavior used to

establish power and control over another person through fear and intimidation, often including the threat or use of violence. Some signs of an abusive relationship include:

- Exerting strict control (financial, social and/or appearance).
- Needing constant contact including excessive texts and calls.
- Insulting a partner in front of other people.
- Extreme jealousy.
- Showing fear around a partner.
- Isolation from family and friends.
- Frequent canceling of plans at the last minute.
- Unexplained injuries or explanations that don't quite add up.

### WHAT IS SEXUAL ASSAULT?

Sexual assault is a crime motivated by a need to control, humiliate and harm. Perpetrators use sexual assault as a weapon to hurt and dominate others. Sexual assault is forced or coerced sexual contact without consent. Consent is the presence of a clear yes, not the absence of a

no. It can take the form of:

- Rape
- Incest
- Child Sexual Abuse/Molestation
- Oral sex
- Harassment
- Exposing/flashing
- Forcing a person to pose for sexual pictures
- Fondling or unwanted sexual touching above and under clothing
- Force which may include but is not limited to:
- Use or display of a weapon
- Physical battering
- Immobilization of the victim

### PREVENTING VIOLENCE: TAKING ACTION TO STOP VIOLENCE

Everyone can play an active role in stopping domestic violence and sexual assault before it occurs by becoming an engaged bystander and helping to establish an environment where healthy and positive relationships are based on respect, safety, and equality.

*Continued on next page...*

**There is hope. Call 894-2340.**



PROMOTE AWARENESS by wearing purple domestic violence ribbons and teal sexual assault ribbons.

# NO MORE

## TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

*Continued from page 1...*

Moreover, taking steps to stop harassment or violence can make a significant difference in someone's life, and send a powerful message to the perpetrator and society as a whole about which social norms are acceptable and which are unacceptable.

### SO, WHAT DOES AN ENGAGED BYSTANDER LOOK LIKE?

An engaged bystander is someone who intervenes when they see or hear behaviors that promote, condone or encourage domestic or sexual violence. **Intervening does NOT mean putting yourself in danger or increasing the risk to**

**others.** Safety is key in deciding when and how to respond to any type of violence.

Intervening *can* mean disrupting the social norms that perpetuate domestic & sexual violence in our culture such as:

- glorifying abusive power over other men or women
- objectifying women
- demeaning men
- tolerating violence and aggression
- promoting male dominance and adults' misuse of power over children
- sexually abusive or physically violent hazing
- blaming victims for what happened to them.

By disrupting or challenging these norms, you are acting as an engaged bystander and helping create a safer environment for everyone.

If you see or hear something that does not feel right, speak up. If you do not feel safe, call the police or go to the authorities.

Above all, trust your gut. A gut feeling can be your best guide if a situation just doesn't seem right.

[www.nomore.org](http://www.nomore.org)

**REMEMBER, IF YOU SEE, HEAR OR SUSPECT THAT SOMEONE IS IN IMMEDIATE DANGER CALL 911.**



## UNDER-REPORTED SEXUAL ASSAULT

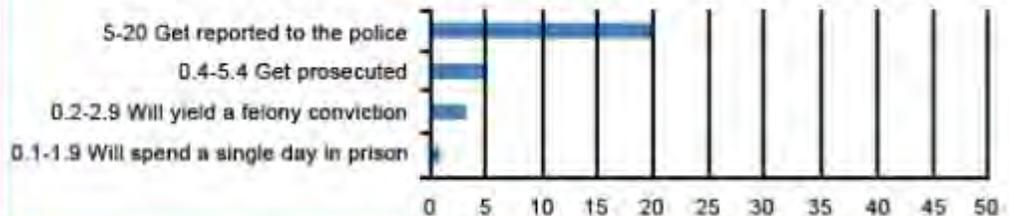
### What happens to rapists if and when they are caught and prosecuted?

Of all rapes and/or sexual assaults, fewer than 20% are reported to the police, according to a statistical

average of the past 5 years. Those rapists, of course, never spend a day in prison. Factoring in unreported rapes, only about **3% of rapists ever serve a day in jail.**

April is Sexual Assault Awareness Month. Watch for details in the Tryon Daily Bulletin about how you can help bring awareness to this under-reported and unpunished crime.

## OUT OF 100 FORCED RAPES, 98 RAPISTS WILL WALK FREE



## FAMILY NURTURING PROGRAMS

Offering shelter and services to victims is essential for their safety and the safety of their children—**but abuse does not stop when victims leave.**

By working with male and female abusers in the Domestic Abuse Intervention Program (DAIP), with parents in the Parenting Education Program, and with adolescents and teens in schools and in the “ASK” Youth Program at our facility, Steps to HOPE works toward preventing and breaking the generational cycle of abuse.

### DOMESTIC ABUSE INTERVENTION

The goal of the 26-week DAIP is to educate abus-

ers on healthy family relationships—to create healthier, happier families through feedback, participation, education and shared experiences.

### PARENTING

Participants in the 12-week Parenting Education program become more effective parents through learning about children’s needs and development; developing routines; domestic violence; and safe environments.

### “ASK” YOUTH

Topics of the ongoing ASK youth programs include:



- Resolving conflict in an appropriate manner;
- Developing life skills;
- Self esteem;
- Getting along with family and teachers;
- Taking responsibility for your own actions.

For program information call Ruth Richardson, 894-2340.

## RICHARDSON COMPLETES RADAR FORENSIC INTERVIEW TRAINING



Ruth Richardson attended the NC Conference of District Attorneys RADAR Forensic Interview Training Nov. 4th—7th in Raleigh. Both Ruth and DSS’s Kim Wilson,

who attended the training with Ruth, are approved for Steps to HOPE’s CAC center after completion of this 23+ hour training.

RADAR (recognizing abuse disclosure types and responding) is an adaptation of the NICHD Investigative Interview Protocol, developed by Dr. Mark Everson of UNC-CH School of Medicine’s Division of Child and Adolescent Psychiatry. This protocol is used by Child Forensic Interviewers.

Forensic interviewing is a first step in most child protective services (CPS)

investigations, one in which a professional interviews a child to find out if he or she has been maltreated. In addition to yielding the information needed to make a determination about whether abuse or neglect has occurred, this approach produces evidence that will stand up in court if the investigation leads to criminal prosecution. Properly conducted forensic interviews are legally sound in part because they ensure the interviewer’s objectivity, employ non-leading techniques, and emphasize careful documentation of the interview.

## Steps to HOPE

### Office Staff

Rachel Ramsey, Executive Director  
 Lee Lindsay, Associate Director  
 Ruth Richardson, Family Outreach Educator  
 Cherie Wright, Victim Services Director/Case Manager  
 Sandra Halford, Case Manager  
 Connie Orr, Office Manager  
 Debra Backus, Publicity/Public Relations  
 Jessica Powell, Receptionist/Administrative Assistant

### Shelter Staff

Tamara Black  
 Sandra Halford  
 Cherie Rogers  
 Cindy Thacker

### Second Chance Thrift Store Staff

Edith Lance, Manager  
 Randy Conklin, Retail Assistant; Driver  
 Ken Kitchen, Store Assistant  
 Joyce Neely, Cashier/Retail Assistant  
 Alan Pritchard, Warehouse Assistant  
 Douglas Wofford, Warehouse Assistant

### Board of Directors 2014-2015

Paul Sutherland, President  
 Sally McPherson, V. President  
 Heidi Mendez, Secretary  
 Larry Wassong, Treasurer  
 Carole Bartol  
 Michael Bowers  
 Elaine Belk  
 Helen Gilbert  
 Donald Hill  
 Diane Nelson  
 Pat Sutphin  
 Julie Threlfall

**STEPS TO HOPE  
STATISTICS**

2013-2014 Fiscal Year

6 MONTH STATISTICS:  
January 1, 2014—  
June 30, 2014

Steps to HOPE provided support to 1143 callers on crisis line calls.

Safe shelter was provided to 10 women and 7 children for a total of 360 shelter nights.

321 additional services were provided to 56 women and 4 men.

An average of adults and children attended weekly educational groups at our facility.

3802.25 volunteer hours were worked in the agency and thrift store.



Lee Lindsay,  
Associate Director

**WELCOME NEW STEPS TO HOPE STAFF**

**LEE LINDSAY,  
ASSOCIATE DIRECTOR**

Hello everyone! – I was asked to put together a short bio to introduce myself to you so here goes my tale. I was born and raised in Atlanta and attended Grady Hospital School of Nursing and Georgia State University before starting my career in maternity nursing there. In 1973 I moved to Spartanburg and switched into general nursing in medical/surgical, oncology and orthopedics at Spartanburg Regional. I also did a short stint in private duty nursing and worked for a surgeon in Spartanburg. After a brief break and trying my hand at retail sales, I was a stay at home mom until my son was 2 years old. In 1982 I went back to college where, some would say, I turned rogue and “went chemist”. As a result I just retired in 2013 from 32 years with Milliken Chemical in Spartanburg as a chemist and project manager.

13 years ago I moved to Columbus to be near my mom at Tryon Estates and wild horses couldn’t drag me away from here. It is a little piece of heaven! I have a son, Adam, 34 and a daughter, Kate, 31 in this area.

My fun time passion up until last year was horseback riding along with singing (sometimes both at once depending upon the horse’s mood that

day), but my knees just won’t allow the riding anymore. So now, my spare time goes to my church and church choir and to the Community Chorus. I do love to sing and play the hand-bells whenever I get the opportunity.

Please come and see me at Steps to HOPE or call if you need my help. I appreciate so much the opportunity to know you and begin yet another career. ~ Lee

**SANDRA HALFORD,  
CASE MANAGER**



Sandra Halford is the newest Case Manager/Client Advocate for Steps to HOPE. A native of Michigan, she has lived in Polk County for 31 years, currently residing in Mill Spring with her daughter Calan. She also has two sons, Byron and Eric, both army veterans. With an extensive background in EMS and Emergency Management, Sandra has spent the past 25 years serving Polk County as an EMT-Paramedic and the last 14 years as the Emergency Services Director; she has

served on the Rutherford-Polk-McDowell Health District Board for 9 years; the Rutherford-Polk-McDowell Mental Health Board for 4 years and the NC EMS Advisory Board for 2 years.

When not spending time with her three grandchildren, Sandra can be found at the gym, hiking, reading or writing. A member of Soldier’s Angels since 2007, she believes it is important to not only care for your community, but for the soldiers protecting our freedom.

**TAMARA BLACK  
SHELTER STAFF**



Tamara has been employed by Polk County Schools for the past six years. She received a Bachelors Degree in Psychology from West Virginia University and recently obtained a Masters Degree in School Counseling from Gardner Webb University. Tamara lives with her seven year old son Eno in Tryon, where she has been a resident for over 15 years. She enjoys working with families in the community.

## SECOND CHANCE THRIFT STORE: THANK YOU!



**Second Chance Thrift Store** is vital to the continuation of Steps to HOPE's programs designed to break and end the generational cycle of domestic and sexual abuse in our community. As Second Chance provides nearly 50% of Steps to HOPE's operating capital, we know all too well that

we simply couldn't keep our doors open without your patronage and your tax-deductible donations. Call 894-2373 to schedule a pick up of your gently used merchandise—and plan to stop by to see why Second Chance is often referred to as “the Belk's of Columbus”!

**THANK YOU!**

**Second Chance Thrift Store** challenges you to...



Stop by  
**232 E. Mills Street**  
to see the myriad of options for buying nearly new—and saving a bundle! Drop off your unwanted treasures, or call 894-2373 to arrange a pick-up.

Join Second Chance's Email List to receive notifications of Thrift Store sales and special events. Send an email to [pr@stepstohope.org](mailto:pr@stepstohope.org) and put “Thrift Store email sign-up” in the subject line.

## STEPS TO HOPE'S PRICELESS VOLUNTEERS

This year, STH hosted a Holiday Breakfast to honor our dedicated volunteers. The breakfast, catered by Southern Manners, was held on Friday, December 5th in the STH Community Room. All volunteers received certificates for their generous service to Steps to HOPE in the 2013-2014 fiscal year.



*Pictured from L: Don Cobb; Sally McPherson; Bernardine Monroe; Tish Jaccard. Not pictured: Liz Quattlebaum.*

**Peace**  
“Let there be peace on earth, and let it begin with me.” ~ Jill Jackson Miller & Sy Miller

hours worked by volunteers at the Thrift Store.

Court advocates, who assist clients through the

judicial process, volunteered a total of 220.5 hours last fiscal year.

Thank you, Volunteers!

Forty-two volunteers worked a total of 6,588 hours at Second Chance Thrift Store last year. The 5 volunteers who worked the greatest number of hours last fiscal year were: Tish Jaccard with 1,022.5 hours; Bernardine Monroe, 582 hours; Sally McPherson, 443.75 hours; Liz Quattlebaum with 283 hours; and Don Cobb with 277.5 hours. This inspiring group worked 38% of the total

### THE PRESIDENT'S CALL TO SERVICE LIFETIME ACHIEVEMENT AWARD RECIPIENTS



*Lifetime Achievement Award recipients Sally McPherson, left, and Bernardine Monroe.*

Sally McPherson and Bernardine Monroe received the President's Lifetime Achievement Award for having completed more than 4,000 volunteer hours in their lifetime. McPherson volunteers at both Second Chance and as Vice-President on Steps to HOPE's Board of Directors.

*“Volunteers don't get paid, not because they're worthless, but because they're priceless..”*

~ Sherry Anderson

## TIMKENSTEEL TEAM WINS STH'S 11TH ANNUAL CHARITY GOLF TOURNAMENT

Red Fox Country Club was host to Steps to HOPE's 11<sup>th</sup> Annual Golf Tournament on November 7th this year – arguably one of the most beautiful Autumn days since the tournament's inception! 27 teams – 108 players – took to the course for 18 holes of play in this sell-out tournament which produced many new players (and several teams on a waiting list hoping for cancellations!). Stott's Ford again offered a new Ford Focus as a hole-in-one prize on Red Fox Hole #10 but sadly, no one drove off with the prize.

### AND THE WINNERS ARE...

Congratulations to Team TimkenSteel and players Jim Liggett, Jeremy Varney, Stacy Greene, and Darryl Smith who were overall winners of the Steps to HOPE Golf Tournament this year. McDonald's/Rutherford Management put together the "Flight B" winning team with players Dave Hunt, McDonald's Owner/Operator; Dr. Jerald DeLaGarza; Ed Harrelson, Esq.; and Jeff Powell. Trophies and prizes were awarded to all win-

ning golfers – including "closest to the pin" winners Georgianne Murphy and Ethan Waldman, and "longest drive" winners Salley Stepp and Kevin Sweat.

Steps to HOPE's Golf Tournament – the largest of two annual fundraisers – has always been hosted by Red Fox Country Club. The tournament registration fee of \$100, unchanged since the tournament began in 2004, covers breakfast, lunch, snacks and beverages as well as gifts and door prizes for all golfers. Since the loss of their dining facility in 2012, Red Fox has generously discounted their greens fees, provided prizes, and contributed toward the cost of tent and table rentals.

Steps to HOPE is greatly appreciative of the overwhelming support shown by golfers, dozens of vol-

unteers and area businesses who not only offered financial support but made countless donations in the form of snacks and drinks, gifts for door prizes, breakfast biscuits, lunch – and, of course, *time* – to help ensure the success of this annual charity event. Our Tournament Committee was chaired by Frank Ortiz with help from John Brodie and Colleen Abril

Special thanks to Gold Sponsors Dave Hunt of McDonald's/Rutherford Management, Jerry Johnson of HomeTrust Banking, and Patty Otto of Hare and Hound Restaurant for their very generous support. Thanks also to Red Fox Country Club, Stott's Ford, Tryon Rotary Club, Dr. Brian Rosenberg, Main Street Financial, and Tryon Estates/ACTS for their tournament sponsorships.

### WOULD YOU LIKE TO BE ADDED TO OUR EMAIL LIST?

Simply send your email address to  
pr@stepstohope.org

and we'll keep you apprised of news, upcoming events and opportunities.

**THANK YOU!**



L: Jeremy Varney; Stacy Greene; Jim Liggett (TimkenSteel); Darryl Smith.

## Mark Your Calendars!

This year's tournament will be held on  
**Friday, November 6, 2015**

## WOMEN HELPING WOMEN

Barbara McEwan, resident of Mill Spring in the Lake Adger area, initiated a collection entitled Women Helping Women which stemmed from growing concerns for women who are suffering from abuse, homelessness or hardship at Christmastime.

Barbara sought donations of toiletries, cosmetics and sweaters from her friends and neighbors—things they

usually have in abundance in their homes—and Women Helping Women was launched. Dozens of festive gift bags filled with toiletries and beautifully parceled sweaters—all organized by size—were donated to STH to be shared among our residents over the holidays and into the new year.

It is Barbara's hope to continue the program next

year and be of further help to our clients.

Thank you Barbara and Women Helping Women participants!



Warm Wishes from Women Helping Women!

## POLK COUNTY TOY RUN

Thanks to Toy Run organizer Barry Gee, the 2014 Polk County Toy Run's motorcycle ride was extremely successful again this year!

The mission of this annual charity event is to provide holiday gifts to Polk County children through donated toys and contributions. This year four Polk County agencies—Thermal Belt Outreach Ministry, Polk

County Sheriff's Department, Polk County Department of Social Services, and Steps to HOPE—received \$2,150 and countless bags of toys to help their clients provide for their families this Christmas.

Many thanks to the 350 bikers and countless spectators who showed up in support of this important fundraiser—and of course

to Toy Run organizer Barry and Committee members Kay Gee, Louie Durham, Michelle Reedy, Ruth Richardson, Kim Wilson and Kim Pack!



## ADOPT-A-FAMILY PROGRAM

Steps to HOPE's Adopt-A-Family program pairs generous community members willing to share their good fortune with families struggling to make ends meet at Christmastime. Donors purchase and wrap gifts for not only the children but their parents.

We are grateful for the 13 families and organizations who adopted *all* of our client families this year, including 25 area

children. Between Toy Run proceeds and adopting families/groups, 16 client families were helped with Christmas gifts. As our lobby overflowed with beautifully wrapped gifts, we imagined the joy on Christmas morning as children delight in opening gifts as their parents breathe a sigh of relief.

Thank you, donors!



L: Sandra Halford, Case Manager; Carolyn Jones, Green Blades Garden Club; Ruth Richardson, Family Outreach Educator.



### EVER WONDER HOW WE SPEND OUR MONEY?

- 81.5% for Program Services
- 18.5% for Support Services
  - ◇ 12.8% Management
  - ◇ 5.7% Fundraisers



## STEPS TO HOPE: SERVICES PROVIDED

- **24-Hour Hotline** – for crisis intervention and assistance.
- **Confidentiality** – all services are guaranteed confidential.
- **Shelter** – emergency safe shelter for victims of domestic violence or sexual assault.
- **Counseling** – individual counseling with a licensed counselor.
- **Referrals** – hospital (staff will transport and assist); court (free legal aid may be provided through Pisgah Legal Services).
- **Court Advocacy** – trained volunteers accompany and support clients through the judicial process.
- **Case Management vs. Crisis Intervention** – holistic support of clients.
- **ASK—Adolescent Skills-Building Karate group** – character and skills building for adolescent girls and boys.
- **Support Groups and Education Programs** facilitated by trained professionals: women victims; male and female abuser; parenting education; and support group meetings, including Women to Women—a support group for *all* women.
- **Family Mediation** facilitated by a trained professional.
- **Community Education** – through schools, organizations and civic groups.
- **Public Awareness** – presentations and workshops.
- **Resource Library** – videos, pamphlets and brochures are available.
- **Advocacy Center** – forensic interviewing of children.
- **Rape Prevention/Victim Services**
- **Second Chance Thrift Store** – outreach to victims; gently used, quality merchandise.

### Steps to HOPE, Inc.

Ward Street · P.O. Box 518  
Columbus, NC 28722  
828-894-2340 · 1-888-968-4283  
www.stepstohope.org  
E-mail: steps@stepstohope.org



Visit us at  
www.stepstohope.org

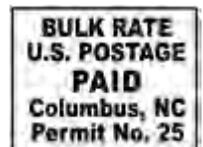
### HOPE Works!

A Semi-annual Newsletter of  
Steps to HOPE, Inc.  
Debra Backus, Editor

Steps to HOPE, Inc. is Polk County's Domestic Violence and Sexual Assault Prevention and Treatment Center. For all victims of domestic violence or sexual assault in this community, there is:

Help  
Order  
Protection  
Encouragement

*"The mission of Steps to HOPE is to create a community free from the violence of domestic and sexual abuse through education, advocacy and victim assistance."*



HAPPY NEW YEAR!  
2015